UN SAYS IRAN NEAR NUCLEAR CAPABILITIES

PAGE 6

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OTTAWA • THURSDAY, DECEMBER 25, 2008 metronews.ca

Obama, McCain to meet Bush on bailout plan

CRISIS U.S. President George W. Bush invited Democratic White House nominee Barack Obama to a meeting today with members of Congress to forge a financial bailout plan, a White House spokesman said.

Spokesman Tony Fratto said that Bush had invited Obama as well as Republican nominee John McCain to the non-partisan session and Obama accepted.

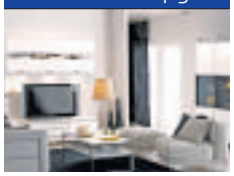
"A few moments ago, President Bush called Senator Obama and asked him to attend a meeting in Washington tomorrow, which he agreed to do," Obama spokesman Bill Burton said last night.

McCain and Obama issued a joint statement last night urging lawmakers to co-operate and reach an economic bailout agreement to avoid "economic catastrophe." REUTERS

Election 2008 pg 5

- Andrew Cohen on Harper's war on culture
- Artists strike back

Metro Homes pg 10



Dollar-free redesign

Celeb pg 14

Aiken: I'm gay

NHL **Sens ground Flyers**

ETIENNE RANGER/FOR METRO OTTAWA

The Ottawa Senators' Chris Neil scores a powerplay goal against goaltender Jean-Sebastien Aubin to close the first period and even the match 1-1 during last night's National Hockey League pre-season exhibition game against the Philadelphia Flyers at Scotiabank Place. Neil scored twice in the game and the Sens went on to win 3-1. Story, page 7.

Snow go for stop study

City holds off review of winter bus stop maintenance

TIM WIECLAWSKI
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City commuters may be forced to scale large snowdrifts at bus stops again this winter, after the city decided yesterday to buy more plows but delay a review of transit stop snow clearing.

Council yesterday voted to buy five plows for $1.37 million, plus $640,000 a year to operate them, for use in areas that a review found were underserved during last season's frequent snowstorms. But an assessment of winter bus stop maintenance will wait another year.

The decision didn't sit well with some councillors, who were inundated with complaints last winter after large snowdrifts made certain transit stops nearly inaccessible, especially to disabled riders.

"You're still going to get those great big windrows every time you get a storm. What you need are the special machines (that) are going to ... deal directly with the bus stops and that's not going to happen," said Capital ward Coun. Clive Doucet.

Catherine Gardner, a community advocate for riders with disabilities, said the city had made some improvements, but much less than needed.

"For the 2008 winter it means we're going to have the same problem as last year," she said.

"There is one recommendation to clear sidewalks in front of seniors' and nursing homes, but a lot of people in wheelchairs live in the community. They still have to get around in the winter."

But the problem with sharply improving bus stop snow clearing, said surface operations director John Manconi, is that it comes with a price tag of between $4.1 million and $8.2 million annually, depending on whether service is every 12 or six hours. The city currently clears stops on a 24-hour cycle.

Clearing bus stops every six hours would require an extra 104 pieces of equipment.

"They are very large expenditures," Manconi said.

Winter warfare

- The city is working on a plan to ensure snow doesn't pile up around the busy Albert and Slater corridor stops, and it has acquired more powerful sidewalk units and higher capacity blowers.

ShareYourViews
ottawaletters@metronews.ca

PM stays optimistic despite U.S. woes

Election 2008

TORIES Prime Minister Stephen Harper said yesterday he's "very worried" about some U.S. fundamentals, but remains optimistic the American economy would eventually bounce back.

Canadian economic growth this year is set to be little better than anemic, largely due to the crisis in the United States — Canada's biggest trading partner.

"I've made no secret of the fact that I'm very worried about some of the fundamentals in the American economy and I think the next administration ... will have some very, very big challenges, both domestic and foreign," Harper said in Vancouver. "I think history would tell us to never underestimate the resilience of the American economy or the American people so I will continue, notwithstanding greater concerns I have about the United States and Canada ... (to) remain an optimist."

Harper is citing the economy in the run-up to the Oct. 14 election as a reason why Canadians should re-elect the Conservatives, saying only his party can be trusted to handle the nation's finances.

Three polls released yesterday showed the Tories well ahead of the Liberals, who are proposing to introduce a new carbon tax designed to cut emissions of greenhouse gases, which Harper says would be an economic disaster. REUTERS

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Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher C. Dave Kruse

Police run to Ottawa

The fourth National Peace Officers' Memorial Run starts today at the Ontario Police Memorial in Toronto, with officers running a 460-kilometre relay ending on Parliament Hill on Saturday at the National Police and Peace Officers' Memorial. The National Police Memorial Service will be held there on Sunday at 11 a.m. OTTAWA POLICE

Ottawa

Quilting for cancer care

More than 140 local quilters are to quilt for 33 consecutive hours in the fourth annual Ottawa Quilting Marathon. Quilters will converge on The Country Quilter in Richmond tomorrow morning and will quilt through to 9 p.m. on Saturday night to raise money for area residents living with cancer. METRO OTTAWA

Record target for United Way

TRACEY TONG
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At $31 million, the United Way/Centraide Ottawa's fundraising goal for 2008 is its largest ever.

More than 1,000 supporters, volunteers and donors were on hand yesterday morning as officials unveiled the multi-million-dollar target of its community campaign at Lansdowne Park.

The goal has been raised by almost four per cent over 2007, when the campaign raised a record $29.8 million.

The 10-week-long campaign, themed The Promise we Share, "helps make the community better by finding solutions to our community's most pressing needs," said 2008 campaign chair Sal Iacono.

"It's a promise to make a measurable difference in the lives of others," said Iacono, the retired senior vice-president of Bell. "The promise we share is the promise of a brighter future for everyone."

These include children who go to school hungry, new immigrants, people with disabilities and people struggling with addiction, he said.

"To say I'm excited about chairing this campaign is an understatement," said Iacono. "I plan to roll up my sleeves and work very hard with my campaign cabinet."

"We're a community that looks out for each other. We are a community where giving is a way of life," said Mayor Larry O'Brien. "But our society isn't perfect."

The United Way steps in when there are challenges, he said.

The role of the United Way has always been to make the city a better place to live for everyone, said Dennis Jackson, chair of the United Way/Centraide Ottawa board of directors.

In 2008, the United Way here supported more than 200 projects, programs and partnerships in more than 100 community organizations. To help reach this year's goal, more than 1,800 workplaces in Ottawa will run United Way/Centraide campaigns with the help of about 14,000 volunteers.

The campaign wraps up December 2.

Volunteer award

- The volunteer recognition team awarded the Community Builder Award to a surprised Sarah Onyango yesterday. Onyango runs Black411.ca and hosts two University of Ottawa radio shows on a volunteer basis.

TRACEY TONG/METRO OTTAWA

Mike Giunta, MC for yesterday's United Way/Centraide Ottawa event, announced this year's fundraising campaign goal would be $31 million.

Kettle Island called unsuitable for NCC bridge

OPPOSED An interprovincial bridge at Kettle Island will destroy their neighbourhoods, residents of Ottawa's Manor Park Hill and Rockcliffe communities charged yesterday.

At a public consultation at Lansdowne Park last night, Judy Lishman was one of hundreds of residents who said the location, selected earlier this month following a National Capital Commission study, is not the right site for a bridge.

"One of the reasons the city wants a new bridge is to get the truck traffic out of the downtown," said Lishman, who chairs the Manor Park Community Association Bridge Committee. "Unfortunately, a solution of a bridge at Kettle Island doesn't accomplish that because it still cuts through the downtown and creates new problems.

The bridge would reroute truck traffic from through downtown Ottawa to the Highway 417/174 interchange. The bridge would link an expanded Aviation Parkway to the four-lane Montée Paiement in Gatineau.

Lishman, who led the fight against a bridge at Kettle Island in the 90s, argued the bridge would turn Aviation Parkway from a scenic cycling route into a four-lane highway. The Montfort Hospital would also be affected, she said.

But Roche-NCE consultant Steve Taylor said Kettle Island stood out as the best choice as it accommodates the movement of commercial vehicles and vehicular traffic.

"There will be minor effects to the hospital, but we made a commitment to maintain their access to the Aviation Parkway," Taylor said.

TRACEY TONG/METRO OTTAWA

metronews.ca

What's online today.

Watch Justin Trudeau campaigning with his mother Margaret in Montreal at www.metronews.ca/canada Also, the principal of Luther College in Regina addresses the media after helping to end a standoff with a gun-wielding former student www.metronews.ca/canada
Play online Crosswords!

Lotteries

Lotto 6/49	10, 27, 36, 40, 42 & 43 Bonus 37
Ontario 49	11, 14, 16, 28, 37 & 44 Bonus 39
Ontario Pick 3	0 7 6
Ontario Pick 4	5 5 8 3
Encore	0684414
Daily Keno	2, 16, 17, 18, 19, 27, 31, 32, 35, 36, 47, 48, 51, 54, 57, 59, 61, 62, 63, 65

These results are not official.

Tulip Fest's early cash pledge irks others

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

FUNDING Organizers of some local festivals say it is unfair of Ottawa to approve a special funding commitment for the Canadian Tulip Festival, but not offer the same option to others.

"On one hand I totally applaud their willingness … to help festivals get the support we need, but it's just a little bit sad that they didn't just pass it through for all the festivals in good standing," said Sean Wilson, artistic director of the Ottawa Writers Festival.

Council yesterday made an early funding commitment of at least $25,000 to the Tulip Festival, so that it could meet a deadline for application to a Canadian Heritage funding program that's designed to support local arts and culture across Canada.

The city does not normally set festival funding until the end of winter, but the Tulip Festival said it needed to know now what the municipality would provide, because the information was required by the federal program, which closes applications on Sept. 30.

"On one hand I totally applaud their willingness … to help festivals get the support we need, but it's just a little bit sad that they didn't just pass it through for all the festivals in good standing."
Sean Wilson, Ottawa Writers Festival

The Tulip Festival is requesting $200,000 — the maximum amount the fund provides — after receiving $55,000 last year. Last year the deadline for submissions was later in the year.

Tulip Festival spokesman Doug Little was pleased with council's decision to confirm its commitment.

"The deadlines between the city and the federal government are difficult because the federal government deadline is so much earlier than the city's," he said. "What council did today really helps with that process."

Coun. Diane Holmes said the city had a duty to support its festivals.

"The fact that the feds have created this impossible situation for all our festivals is not something I'm going to faint from. We have to solve our problem," she said. "I want that money coming here."

But Catherine O'Grady, director of the Ottawa Children's Festival and the Jazz Festival, said it was "really unfair" that council would make an exception for one festival without offering the option to all.

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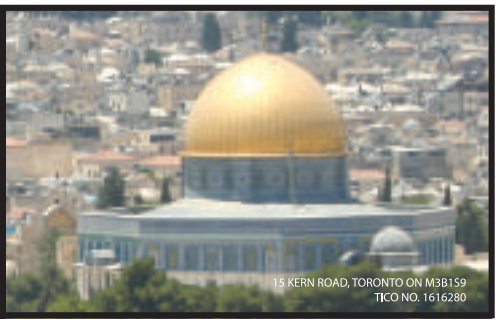

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Weekend rope wars
The Big Pull Tug-of-War competition will be held Saturday at Mooney's Bay Beach at 11 a.m., rain or shine. METRO NEWS SERVICES

City nixes 'pothole patrol'

Seven extra road-checking staff would cost $1 million

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

An idea for a "pothole patrol" has been defeated at council.

Despite a city's auditor general's report that says Ottawa is not meeting minimum provincial road inspection standards, council yesterday rejected a request to add $1 million to the 2009 budget to hire seven new road inspectors.

"We'd be adding a $1 million a year extra to the surface operations budget, this is not a year project," said Coun. Maria McRae.

"There has been no movement to reduce this amount to try and find efficiencies, and I'm not sure this is the right decision for the municipality to take at this time."

City staff already driving the roads, as well as OC Transpo drivers and citizens, are just as effective at reporting road damage to the city, McRae said.

"What we are doing (now) is waiting until there are potholes."
Coun. Diane Holmes

The new full-time positions would have complemented four existing city staff to form what some had dubbed a "pothole patrol".

But John Manconi, Ottawa's director of surface operations, said the inspectors would do much more, including identifying early problems that lead to needed road repairs later.

Coun. Diane Holmes argued for the inspectors, saying they would help extend the life of roadways and reduce the need for expensive reconstruction.

"Any fool can tell you where potholes are. What we are doing (now) is waiting until there are potholes," said Holmes. "You let your whole roadbed disappear so there are potholes, and then you say, 'Oh, look, there are potholes.'"

416 Six injured in van crash

DEREK GORDANIER / METRO OTTAWA

Six men suffered injuries after the driver of a van lost control on Highway 416 in Ottawa's southwest end yesterday. At 9:45 a.m., the van, which was towing a trailer, lost control while northbound on Highway 416 and rolled into a ditch near the Roger Stevens Drive interchange. Ottawa Paramedic spokesman J.P. Trottier said six men in the vehicle, all in their 20s, suffered injuries, including one man who fractured his leg and another who incurred neck and back injuries. Four others were treated for cuts and bruises. The driver, Aaron Patrick, 26, of Cincinnati, Ohio, is charged with failure to drive in a marked lane.

Sewage cleanup gets extra $13M from council

ENVIRONMENT Cash to clean up the Ottawa River is now in place. Yesterday, council unanimously approved an increase from $20 million to $33 million in the city's contribution to stopping sewage flow into the river.

This brings cleanup funding to $99 million, with $33 million provided by the province, and an extra $33 million from the federal government, announced by Environment Minister John Baird last month.

The funding has been a priority since council learned that nearly a billion litres of raw sewage was discharged into the Ottawa River in August 2006.

METRO OTTAWA

Quebec boosts med school

HEALTH The Quebec government is hoping more medical students can ease Gatineau's doctor shortage.

The new Family Medicine Unit next to the Gatineau hospital will host 20 students from McGill University's faculty of medicine within the next three years — eight more than the current training roster.

The unit is expected to handle more than 30,000 visits in 2009, triple the 2006 total. The number of instructors will also double from three to six.

The Ministry of Health and Social Services provided $411,000 for the expansion, on the assumption that many students would stay in the Outaouais to open their own practices. The operating budget has also increased by $420,000, an 80 per cent jump.

CTVOTTAWA.CA

News in brief

POLICING Ward-by-ward crime statistics will not be coming out this year, but improved data has been promised for 2009. Randy Mar, of the Ottawa Police Service, said the 2008 crime statistics will be expanded to coincide with a national Crime Severity Index released by Statistics Canada. "It will actually be a weighted index to see how communities fare across Canada," he said.

METRO OTTAWA

Toronto explosion cleanup costs $1.9M

The City of Toronto announced yesterday that it has finished cleaning up the neighbourhood surrounding the site of the disastrous Aug. 10 Sunrise Propane explosion and turned the leased site back to its owner. The bill for the cleanup came in at $1.9 million. TORSTAR NEWS SERVICE

Canada

Iqaluit on bag-ban bandwagon

Eco-minded residents in Iqaluit are cheering city council for drafting a bylaw that, if approved, would make plastic shopping bags a floating memory by next spring. At a meeting Tuesday night councillors introduced the measure, which would rid the Nunavut capital of single-use plastic bags effective April 1, reducing the number of bags that litter the streets and end up in the local landfill. SOURCE: CBC NEWS ONLINE

Report leads to resignation calls

FOOD SAFETY Holes in the country's food safety net, revealed yesterday in a Torstar News Service/CBC report, led to renewed calls for the federal agriculture minister's resignation and promises from all parties to fix a system in disarray.

"We are aware of deficiencies," Prime Minister Stephen Harper told reporters yesterday in response to the publication of a 2005 internal government report that documented serious problems with the country's food inspection and recall systems.

The review, written in 2005, warned that food safety had to be improved.

TORSTAR NEWS SERVICE

Watch more on the school gun incident in Regina at www.metronews.ca/canada

Poverty plan coming

But McGuinty won't give a timetable for provincial action

Premier Dalton McGuinty says he's absolutely committed to creating a plan to help the 1.3 million Ontarians who live in poverty — he's just not saying when his government will act on it.

"The issue is not whether we go ahead with the strategy, it's how quickly we can move on this particular strategy given our financial challenges," McGuinty said yesterday, referring to his pre-election promise to release, by the end of the year, a comprehensive plan to reduce poverty in Ontario.

"The issue is ... how quickly we can move on this particular strategy."
Dalton McGuinty

Josephine Grey isn't impressed by the distinction.

"Talking about putting a plan in place without implementing it is basically talking about a lot of hot air," said Grey, a Toronto grandmother struggling to escape poverty and co-chair of the Ontario Coalition for Social Justice.

"When we're looking at an economic downturn, we're losing jobs across the province, people are struggling in rural areas, child poverty has got to the point where it's one in four in Toronto — it's reaching crisis portions."

TORSTAR NEWS SERVICE

News in brief

SPENDING Ottawa must control the rate of spending growth if it is to keep within expenditure targets, Finance Minister Jim Flaherty said yesterday. Flaherty conceded the Tories have not kept a promise to keep the rate at the level of GDP growth.

RELEASE The U.S. military has released CTV reporter Jawed Ahmad, CBC News Online reports. Ahmad was held on an Afghan military base for nearly a year. METRO NEWS SERVICES

Election Green on the green

RICK EGLINTON/TORSTAR NEWS SERVICE

Green party Leader Elizabeth May sinks a putt yesterday during her Cross Country Train Trip, about 30 minutes west of Sudbury. May's voyage is scheduled to end in Halifax on Saturday.

Do you feel anxious & worry most of the time?

If so, you may be suffering from generalized anxiety disorder. You are not alone.

Over 750,000 Canadians suffer from generalized anxiety yet many do not get the correct medical help for this highly treatable condition.

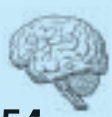
Take a minute to answer the following questions:

YES NO
- ☐ ☐ Do you feel anxious or keyed up and on edge?
- ☐ ☐ Do you find you are easily fatigued?
- ☐ ☐ Do you have difficulty concentrating or does your mind go blank?
- ☐ ☐ Have you been feeling irritable?
- ☐ ☐ Do you experience muscle tension?
- ☐ ☐ Is your sleep disturbed (do you have difficulty falling asleep, staying asleep or have unsatisfying sleep)?

If you have answered YES to three or more of these questions and have felt poorly for the past six months, you may be suffering from generalized anxiety.

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently seeking volunteers to participate in a research study of an investigational medication for the treatment of generalized anxiety. Total treatment duration is 43 weeks. To volunteer you must be over 18 years of age, in generally good health, not currently in psychiatric treatment or taking medications for anxiety, and have no significant drug or alcohol problems.

To be evaluated for this program, please call anytime (24 hours), leave your name and phone number on our confidential voice mail:



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Non-subsidized Students: Canadians, out of province residents, visa holders: Online licence fee: $30 per level + $175 for the course

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Morning Classes: Monday to Friday, 9 am to 12 pm
(French as a second language) Levels 1,3

Afternoon Classes: Monday to Friday, 12:30 pm to 3:30 pm
(French as a second language) Levels 2,4

DATES: October 14 to November 7, 2008
November 17 to December 12, 2008

FEES: Subsidized Students: Immigrants, new Canadians, and Refugees whose first language is neither French nor English, Online licence fee of $30 per level

Non-subsidized Students: English speaking Canadians, out of province residents and visa holders, Online licence fee of $30 per level + $200 for the course

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Election 2008

Beating up the cultural elite

On the **Hustings**

Andrew Cohen

Election insight and analysis

So Stephen Harper is now training his artillery on artists, actors, writers and poets. He sees votes in beating up the country's cultural elite.

"I think when ordinary working people come home, turn on the TV and see a bunch of people, you know, at a rich gala all subsidized by taxpayers, claiming their subsidies are not high enough … I'm not sure that's something that resonates with ordinary people," he said the other day.

A rich gala. Subsidies. Ordinary people. Here is a populist's lament. Harper didn't use the word "elite." He didn't have to.

He wants the people to know that he doesn't like this pretentious crowd, which is why you won't find him at those fancy fundraisers at the National Arts Centre in Ottawa. He sends his wife instead.

Here's the spirit of George Wallace, the scrappy, segregationist governor of Alabama, who painted his enemies as "pointy-headed intellectuals." When Wallace poured out his invective, you could see the dirt under his fingernails and the sweat on his brow.

Harper is no George Wallace, but his broadside shouldn't surprise anyone in a targeted campaign pitched to specific voters. The point is to create differences between us (the people) and them (the snobs), playing off one against each other, appealing to that deep well of resentment in the land of the Tall Poppy.

This is a strategy. It is the same reason that Harper proposes cracking down on juvenile crime, even as criminologists tell him crime isn't rising and his punishments won't work. No matter; tough talk sells among rock-hard conservatives.

Ironically, the prime minister has spent the campaign trying to show his soft side — wearing a sweater, kissing babies, playing the piano. Now he's showing off his folksiness. Soon, Harper, who has an MA in economics, will start droppin' his "g's."

But culture matters. While Harper's $45 million in cuts to the arts may have little "resonance" in English-speaking Canada, they are an issue in Quebec, where both Stéphane Dion and Jack Layton are making political hay. Dion even announced his promise to increase spending on the arts last weekend in Place des Arts in Montreal.

Harper knows this, which is why he isn't pushing the anti-cultural line in Quebec, where he sees his majority. When he was asked to repeat his "gala" comment in French, he shrewdly refused.

Andrew Cohen teaches journalism at Carleton University. He is the author of Extraordinary Canadians: Lester B. Pearson.

Artists and politicians paint a different picture

Actors and politicians reacted with scorn and anger yesterday to Prime Minister Stephen Harper's dismissal of arts and culture as a pastime for the rich.

"We attach a high value to arts and culture, we understand what it does for our economy, but more than just that, we understand the economy is a means to a higher end and that higher end is a society," said Ontario Premier Dalton McGuinty.

He was speaking at the Royal Ontario Museum, where it was announced that Canada's first large-scale Dead Sea Scrolls exhibit would open next summer.

Also in Toronto yesterday, several high-profile Canadian actors gathered to publicly vent their anger and frustration over Tory arts policies.

"We should be the landlords of our own industry, not tenants."
Gordon Pinsent

And on the campaign trail in Kenora, Ont., NDP Leader Jack Layton accused Harper of talking out of both sides of his mouth when he derides artists in English but refuses to do so in French.

Gordon Pinsent said the Canadian entertainment business "has gone through so many starts and stops, yet we still have the feeling that we are about to be dissolved into the larger picture of American sensibilities. We should be the landlords of our own industry, not tenants." TORSTAR NEWS SERVICE

News in brief

PROVINCES Prime Minister Stephen Harper says he has no intention if re-elected of taking bold steps in national social policy that would interfere with the jurisdiction of the provinces. "We believe a federal government should respect the jurisdiction of the provinces, including how it spends money," the Conservative leader said at a campaign event in Vancouver.

BIGFOOT Fifty-eight per cent of Canadians believe that Bigfoot exists while only 27 per cent believe politicians' promises at election time, according to a survey of 1,000 Canadians conducted by Praxicus Public Strategies Inc. for the Canadian Taxpayers Federation.

TORSTAR NEWS SERVICE

Watch Justin Trudeau campaigning with his mother at metronews.ca/canada

19 days remain until the 2008 Canadian federal election

La Cache by April Cornell

liquidation sale continues…

We have just received a new collection of Fall linens.

New merchandise coming in every week!

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U.S. man charged with exporting space data to China

A physicist from Virginia was arrested yesterday on charges of illegally exporting space launch technical data and services to China and offering bribes to Chinese government officials, the Justice Department said. Shu Quan-Sheng, 68, a native of China who is a naturalized U.S. citizen, was arrested by FBI agents. REUTERS

World/Business

Iran an 'alarming' challenge: EU

The European Union said yesterday Iran's blockage of an inquiry into its nuclear work was "alarming" and Tehran was getting closer to being able to assemble an atom bomb if it chose to do so.

Iran is posing a crucial challenge to the UN nuclear watchdog, the International Atomic Energy Agency, the EU and the United States said during a debate at an IAEA board of governors meeting.

But they threatened no action, reflecting differences among six world powers negotiating with Iran over what to do after Russia snubbed a U.S.-led campaign for tough sanctions on Iran.

The IAEA said on Sept. 15 that Iranian non-cooperation had stymied its inquiry into what it calls "serious" intelligence material from 10 countries purporting to show that Iran has pursued secret projects to design a nuclear weapon. REUTERS

Meeting cancelled

• Foreign ministers of the United States, Britain, France, Germany, Russia and China scrapped talks this week to discuss a fourth round of sanctions after Moscow pulled out, a few days after an abortive meeting on the matter in Washington.

News in brief

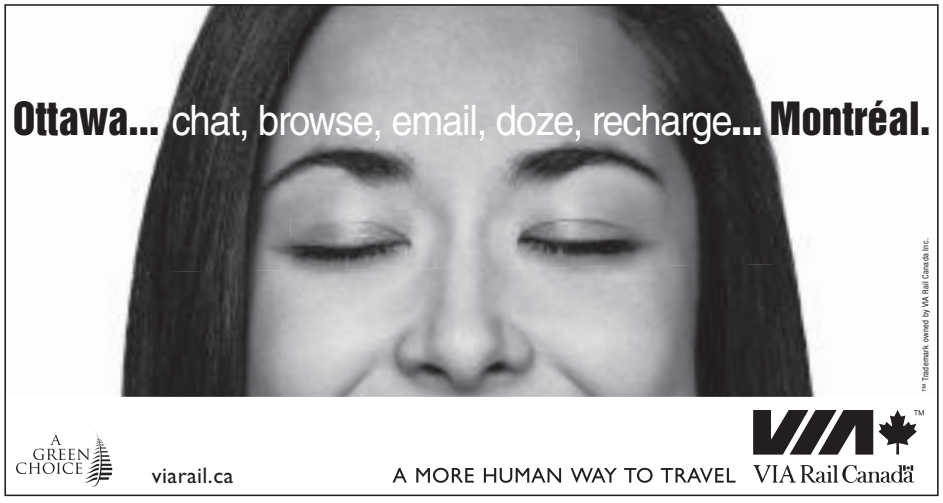
KILLINGS Finnish police said a man who shot dead 10 people on Tuesday had been planning his killing spree since 2002, and had "very likely" been in contact with the student behind a similar gun rampage last year. Matti Saari, 22, killed nine fellow students and one staff member at a travel and hospitality industry college a day after being interviewed by police about online videos of himself at a gun range.

POLITICS Democrat Barack Obama has opened a nine-point lead over Republican John McCain in the U.S. presidential race amid financial turmoil and growing pessimism about the economy, according to a Washington Post-ABC News national opinion poll released yesterday. REUTERS

India Floods continue to plague South Asia

DESMOND BOYLAN/REUTERS

Children carry belongings after evacuating their homes on the riverbank of Yamuna in New Delhi yesterday. Monsoon rains, burst dams and overflowing embankments have unleashed bouts of flooding in South Asia this year, killing about 1,500 people, mostly in India but also in Nepal.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Business

Fed to Congress: Bail out economy or watch it tank

Congress must approve a $700 billion US banking bailout or see the lifeblood squeezed from the world's richest country, America's central bank chief warned yesterday as the economy showed more signs of stalling.

As Federal Reserve Chairman Ben Bernanke toiled to convince Congress to approve the hugely expensive plan allowing the government to buy up toxic mortgages that have dried up global credit, markets showed extreme strain.

Investors stampeded into cash, briefly pushing one-month interest rates to below zero on fears that lawmakers might delay or change the nature of the bailout. Scarce credit forced overnight lending rates for companies to 6.5 per cent.

The U.S. dollar fell against the euro and global stocks seesawed as unease over the rescue plan — which could cost every man, woman and child in America $2,300 US — kept investors on edge. REUTERS

FBI to investigate

Under pressure from lawmakers, the FBI is probing 26 cases of potential corporate fraud related to the mortgage-lending industry collapse. The body will be investigating Fannie Mae, Freddie Mac, Lehman Brothers and AIG. No criminal charges are imminent.

'Tipping point' soon for Canada

ECONOMY Two Merrill Lynch economists said Canada is nearing the "tipping point" of a U.S.-style financial crisis because of falling house prices and high unsold inventories.

Those factors triggered the U.S. housing meltdown and ensuing credit crunch. TORSTAR NEWS SERVICE

In brief

PHARMACY Wal-Mart will fill some generic drugs for free for 70,000 Caterpillar Inc. employees as part of a pilot program aimed at expanding its hold in the prescription drug business.

SELL-OFF Daimler is in talks with Cerberus Capital Management to sell its remaining 19.9 per cent stake in struggling automaker Chrysler. REUTERS

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Sharks sign Murray to contract extension
The San Jose Sharks signed defenceman Douglas Murray to a four-year contract extension yesterday. Per club policy, terms of the deal were not announced. METRO NEWS SERVICES

Sports

EDITOR: SPORTS@METRONEWS.CA

Neil leads Sens to win

Tough guy pots a pair of goals in pre-season game

Senators 3 Flyers 1

Chris Neil scored a pair of goals to lead the Ottawa Senators over the Philadelphia Flyers, 3-1, in pre-season action last night at the Scotiabank Place.

Jesse Winchester also lit the lamp for the Senators, while Martin Gerber stopped 10-of-11 shots between the pipes in the win.

Filip Kuba and Jason Smith both had a pair of assists.

Darroll Powe scored an unassisted goal in the first period, accounting for the Flyers' only shot in the opening stanza. Jean-Sebastien Aubin surrendered two goals on 23 shots faced, and Martin Biron was beaten once on 11 shots in a period of action for Philadelphia.

In other games last night:

Devils 3, Rangers 2 — Zach Parise scored a pair of goals as the New Jersey Devils edged the New York Rangers, 3-2, in pre-season action.

Jamie Langenbrunner also scored for the Devils, while Paul Martin and Bryce Salvador each recorded two assists. Martin Brodeur stopped eight of nine shots faced, while Scott Clemmensen made 12 saves for New Jersey.

Brian Fahey and Petr Nedved each scored for the Rangers, and Henrik Lundqvist gave up two goals on 15 shots. Antoine Lafleur stopped six of seven shots in net for New York.

Capitals 4, Hurricanes 1 — Tomas Fleischmann scored a pair of goals to lead the Washington Capitals in a 4-1 victory over the Carolina Hurricanes in pre-season action.

Matt Bradley also tallied for the Caps, who finished last season with a Southeast Division-best 43-31-8 mark. Mathieu Perreault scored in the win while Viktor Kozlov notched two assists.

Washington was without star forwards Alexander Ovechkin, and Nicklas Backstrom along with defenseman Mike Green.

Simeon Varlamov started and stopped all 20 shots he faced in the opening period. Daren Machesney played the final two stanzas and stopped 10-of-11.

Joni Pitkanen was the lone Hurricane to light the lamp in defeat. Cam Ward and Justin Peters combined to stop 29-of-33 shots in the setback.

Carolina sat forwards Eric Staal and Ray Whitney, while captain Rod Brind'Amour did not play due to injury.

METRO NEWS SERVICES

BRUCE BENNETT/GETTY IMAGES

Nigel Dawes of the New York Rangers is knocked down by Rod Pelley of the New Jersey Devils during last night's pre-season action. The Devils beat Rangers 3-2.

Pens' Gonchars out indefinitely

NHL Pittsburgh Penguins executive vice-president and general manager Ray Shero announced yesterday that defenceman Sergei Gonchar will be sidelined indefinitely with a dislocated shoulder.

The 34-year-old rearguard suffered the injury in the preseason opener against Tampa Bay on September 20.

METRO NEWS SERVICES

Sports in brief

NHL The Atlanta Thrashers signed defenseman Tobias Enstrom to a four-year contract extension, the team announced yesterday. Enstrom appeared in all 82 games during his rookie season and totaled five goals and 33 assists. METRO NEWS SERVICES

Man City shocked in Carling Cup

SOCCER Manchester City's new billionaire owners got a harsh taste of reality yesterday as the team were bundled out of the English League Cup by League One (third division) Brighton & Hove Albion on penalties.

The delayed second-round tie ended 2-2 after extra time before Brighton won the shoot-out 5-3 at the ramshackle Withdean Stadium on the Sussex coast.

In third round action, Chelsea cruised past Portsmouth, romping to a 4-0 victory at Fratton Park as coach Luiz Felipe Scolari's unbeaten start continued in style.

High-flying Aston Villa were also on the end of a shock, losing 1-0 at home to Championship (second division) Queens Park Rangers. Holders Tottenham Hotspur enjoyed a morale-boosting 2-1 victory at managerless Newcastle United.

Blackburn Rovers beat Everton 1-0 in an all-Premier League clash at Ewood Park and Wigan Athletic won 4-1 at Ipswich Town to book their place in the fourth round.

Manchester City's new Abu Dhabi owners have vowed to make the club a force in English football and a 6-0 Premier League win over Portsmouth on Sunday increased the wave of optimism sweeping the club's long-suffering fans.

A much-changed side, without British-record signing Robinho, seemed on course for victory at Brighton but Glenn Murray's 89th-minute leveller sent the tie into extra time. Brighton went ahead through Joe Anyinsah before Stephen Ireland made it 2-2.

Frank Lampard was twice on target for Chelsea as Portsmouth suffered another thumping, following Sunday's hammering by City.

REUTERS

IAN WALTON/GETTY IMAGES

Frank Lampard scored twice to lead Chelsea to a 4-0 win over Portsmouth yesterday.

Lions fire Matt Millen

Lions owner and chairman William Clay Ford announced yesterday Matt Millen had been relieved of his duties as president and CEO of the Detroit Lions. The Lions are 0-3 this season and 31-84 during Millen's tenure. METRO NEWS SERVICES

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
y-Tampa Bay	95	62	.605	—
y-Boston	92	65	.586	3
New York	86	71	.548	9
Toronto	83	74	.529	12
Baltimore	67	90	.427	28

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	86	70	.551	—
Minnesota	85	72	.541	1½
Cleveland	79	78	.503	7½
Kansas City	72	86	.456	15
Detroit	71	85	.455	15

WEST DIVISION

	W	L	PCT	GB
x-L.A. Angels	97	60	.618	—
Texas	76	82	.481	21½
Oakland	75	82	.478	22
Seattle	58	99	.369	39

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
Philadelphia	89	69	.563	—
w-N.Y. Mets	87	70	.554	1½
Florida	81	76	.516	7½
Atlanta	70	88	.443	19
Washington	59	98	.376	29½

CENTRAL DIVISION

	W	L	PCT	GB
x-Chicago Cubs	95	61	.609	—
Milwaukee	86	71	.548	9½
Houston	82	74	.526	13
St. Louis	81	76	.516	14½
Cincinnati	74	83	.471	21½
Pittsburgh	65	92	.414	30½

WEST DIVISION

	W	L	PCT	GB
L.A. Dodgers	82	75	.522	—
Arizona	79	78	.503	3
Colorado	72	85	.459	10
San Francisco	70	87	.446	12
San Diego	61	96	.389	21

(w — teams currently holding wild-card spots; x — clinched division title; y — clinched playoff spot)

YESTERDAY'S RESULTS

AMERICAN LEAGUE

N.Y. Yankees 6 Toronto 2 (10 ings)
Boston 5 Cleveland 4
Kansas City 10 Detroit 4
Texas 14 Oakland 4
Tampa Bay at Baltimore
Chicago White Sox at Minnesota
L.A. Angels at Seattle

NATIONAL LEAGUE

Atlanta 10 Philadelphia 4
Florida 9 Washington 4
Chicago Cubs at N.Y. Mets
Cincinnati at Houston
Pittsburgh at Milwaukee
Arizona at St. Louis
San Diego at L.A. Dodgers
Colorado at San Francisco

TODAY'S GAMES

AMERICAN LEAGUE

Tampa Bay at Detroit, 1:05
Cleveland at Boston, 7:05
N.Y. Yankees at Toronto, 7:07
Chicago W. Sox at Minnesota, 8:10
L.A. Angels at Seattle, 10:10

NATIONAL LEAGUE

Arizona at St. Louis, 2:15
Chicago Cubs at N.Y. Mets, 7:10
Florida at Washington, 7:10
Cincinnati at Houston, 8:05
Pittsburgh at Milwaukee, 8:05
San Diego at L.A. Dodgers, 10:10
Colorado at San Francisco, 10:15

CFL

WEEK 14

TOMORROW'S GAME

Edmonton at Winnipeg, 8

SATURDAY'S GAMES

Calgary at Toronto, 7
Hamilton at B.C., 10

SUNDAY'S GAME

Saskatchewan at Montreal, 1

NFL

WEEK 4

SUNDAY'S GAMES

Arizona at N.Y. Jets, 1
Minnesota at Tennessee, 1
Denver at Kansas City, 1
San Francisco at New Orleans, 1
Atlanta at Carolina, 1
Cleveland at Cincinnati, 1
Green Bay at Tampa Bay, 1
Houston at Jacksonville, 1
Buffalo at St. Louis, 4:05
San Diego at Oakland, 4:05
Washington at Dallas, 4:15
Philadelphia at Chicago, 8:15

MONDAY'S GAME

Baltimore at Pittsburgh, 8:30

Armstrong riding a comeback trail

Lance Armstrong will return to competitive cycling with Team Astana in Australia in January when he begins promoting a global cancer awareness campaign, the seven-times Tour de France winner said yesterday.

The 37-year-old American will be reunited at Astana with Johan Bruyneel, who was the Texan's team director for all of his Tour de France victories with the U.S. Postal and Discovery teams from 1999-2005.

"I have decided to race my bicycle again," said Armstrong, a survivor of testicular cancer, as he launched the Live Strong Global Awareness Campaign at the Clinton Global Initiative in New York.

Armstrong, who retired after winning the 2005 Tour de France, confirmed he would attempt to add to his record with an eighth Tour next year and said he was keeping his options open about racing beyond 2009.

Armstrong said he hoped that 2007 Tour de France winner Alberto Contador would remain with Astana despite reports that the Spaniard was not sure there was room at the top of the team for him and Armstrong. "Alberto is the best rider on the planet right now and I'm not sure I can ride that fast," Armstrong said.

Contador said talk of any departure was "too premature."

"I am going to calmly talk to the team and depending on how it goes, we will see what we do."

THE ASSOCIATED PRESS

Lance Armstrong has confirmed his return to the world of cycling.

10th inning grand slam sinks Jays

MLB Bobby Abreu hit a grand slam in the 10th inning to push the New York Yankees to their seventh straight win, 6-2 over the Toronto Blue Jays in the middle contest of a three-game set.

Xavier Nady drove in the other two runs for New York, which has only one loss over its last 11 games but was eliminated from post-season contention Tuesday

Scott Rolen had a solo homer for the Blue Jays, who have dropped three straight. A.J. Burnett lasted eight innings with 11 strikeouts and just two walks. METRO NEWS SERVICES

Sports in brief

CONCACAF The Montreal Impact played the heavily-favoured Atlante from Mexico to a 0-0 draw in CONCACAF Champions League play at Saputo Stadium yesterday. The Impact are now tied with Atlante for top spot in their group with the top two moving on. METRO NEWS SERVICES

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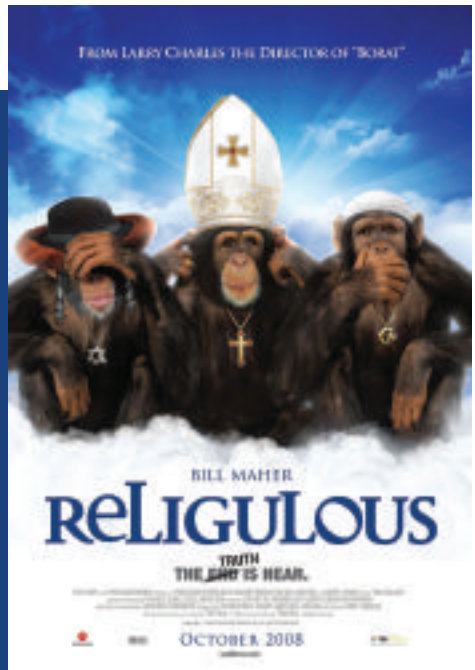

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Finland shooting triggers web monitoring rethink

A deadly shooting at a Finnish school Tuesday raises questions over tougher policing of the Internet after news the gunman posted menacing videos of himself on the web before killing 10 people. REUTERS

Tech Now

Spam

The global e-mail volume is now estimated at 210 billion messages per day – and most of it is spam.

RADICATI GROUP RESEARCH

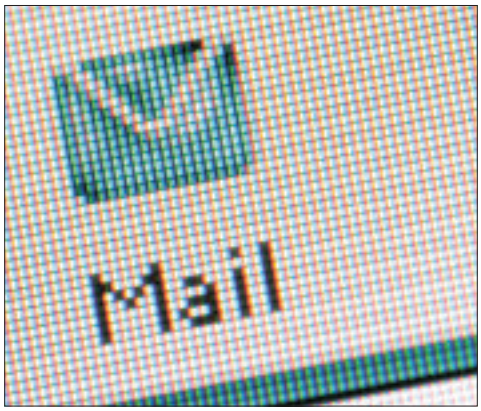
E-mail evolving to stay effective

E-mail seems to have become more of a burden than a benefit in our lives. It could be that there is just too much spam, with some estimates putting the total number of junk messages at over 90 per cent of all e-mail volume. Or maybe it's that we're having trouble keeping up.

U.S. productivity expert Merlin Mann says we often misuse e-mail. He and other experts advise that we should deal with our e-mail rather than let it languish: delete it, respond to it, archive it or move it to a folder for future work. But even with that advice, growing numbers of businesses are moving away from e-mail into the realms of instant messaging, or social networking sites, or even back to the telephone!

Some companies are mandating one day per week as e-mail free — and people are finding they can somehow still do their job.

Having said that, a survey this summer by Yahoo indicated that giving out our e-mail address is now the equivalent of giving out a telephone number. Thirty-two per cent of those surveyed said their personal e-mail address was the first thing they give out, 18 per cent their home phone number, 12 per cent a cell number. And 77 per cent felt that having a personal e-mail address is important in modern life — including nearly 60 per cent who want a personal e-mail address in order to avoid using their company address.



E-mail is taking over our lives, our columnist writes.

Most know that the boss can read their e-mail or discipline them for using company computer time. However, most of us ignore that fact and 89 per cent of us send personal e-mails from work.

Chris Dodunksi of JCS & Associates of Ottawa sells companies a program that produces a detailed report on what you are doing at work.

"If you spend an hour a day surfing the web, that's a 12 per cent drop in your productivity for an eight-hour day," said Dodunski. "That's a very big hit for a company and my guess is that it's a lot higher than that."

Dodunski's program looks at all the hot spots, e-mail, web surfing, instant messaging and time spent on search sites. Canadian companies are more concerned than American firms that this is all too much like Big Brother watching your every move. But Dodunski believes that attitude is going to change as companies realize the cost of personal time on the company computer.

PAUL'S WEBSITE OF THE WEEK: Popcuts.com. Launched two months ago, this site lets you buy downloadable songs — and then you get a cut of future sales of that song.

• This Sunday one of the stories on TECH NOW will be a look at a new animated television cartoon show that features life on a Mohawk reserve near Montreal.

Be sure to watch Tech Now this Sunday as part of the CTV NEWS at 6 p.m.

Attention

Young adults from Newfoundland and Labrador

Recruitment is underway to register participants for a youth dialogue session with those aged 18 to 30 from Newfoundland and Labrador. A session will be held in Ottawa on Sunday, October 5.

Your opinions will assist the Government of Newfoundland and Labrador to develop a provincial Youth Retention and Attraction Strategy.

We want to know what you think about Newfoundland and Labrador. How would you make it a province of choice for young adults to live and work? An honorarium and travel expenses will be paid.

To participate and to share your ideas, call EKOS Research at 1-800-388-2873 now!

The dialogues are being conducted on behalf of the Government of Newfoundland and Labrador by Canadian Policy Research Networks, an independent, public policy research organization. For more information on the dialogues, visit www.cprn.org.

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Metro Homes

Store creatively

A small kitchen probably isn't going to fit all your stuff, so after you pare down, which is a must when living in a small space, think about storing dishes and other items you don't use every day in furniture pieces outside of the kitchen. Armoires, cabinets, sideboards and shelving units can all be used to store items. HGTV.CA

Rearranging: The poor man's reno

Does your home need a boost, but you're not keen on spending cash to do it? The design team knows a great way around this: Consider rearranging your furniture. Moving furniture around can dramatically improve a room, especially if the original layout didn't make the most of the space.

You can afford to make mistakes; if you don't like the results, you can always move things around again. What could be easier?

ArrestingDesign

Jeffrey Fisher & Tammy Schnurr

busted@arrestingdesign.com

Before you start, think very clearly about the purpose(s) of the room. If your television room also serves as a yoga studio, you must define precisely what these two purposes require — no more and no less. Just include those items and move out things that don't fit.

After you've decided what must fit into the room, get out a pad, pencil, ruler and eraser and let your imagination take over. Of course, measure the dimensions of furniture and the room to make sure your fantastic designs will work (you can do this with the help of graph paper.) Also consider electrical outlets and other architectural details that may limit layout possibilities.

As you're sketching, consider useful design guidelines. Remember that furniture should not block traffic flow, and pathways through the house, from one room to another, should be at least three feet wide. In addition, the space between sofa and coffee table should not squish knees — around 18 inches is the right distance.

A room needs a focal point, whatever it is.

When you place chairs and a sofa, keep them in a setting that is comfortable for conversation, usually a semi-circular or circular grouping. Don't be afraid to set them at angles — it adds visual interest. If the grouping includes a coffee table, the seats should be no more than eight feet apart.

A room should have one major focus, such as a fireplace, window, a bed or another large feature. And remember you can change the focus of the room with the season — the fireplace in the winter and a large window with a great view in the summer.

Tammy Schnurr and Jeffrey Fisher are hosts of Arresting Design on W Network.

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The Home Heists continue ...

Question: What does a Hong Kong family who lived in Scotland for the last decade, but is now based in Canada, have in common with a single mom who lives by a lake?

Confused?

Okay, try this: What does a Harley Davidson-riding biker (with a penchant for antique lace) have in common with an ex-stripper turned deep-sea water welder?

Answer: They (along with a legion of other seriously whacky Canadians) are part of our latest Golden 26.

Yup, hold onto your knickers, lock away your chachkas and dispatch your shag carpeting — Home Heist is back! Yay!

And this time, darlings, more than ever before, we mean business!

We reckon our 26 upcoming episodes feature homes — and occupants — so fantastically bizarre that those from last season look positively tame!

Indeed, this time around we've unearthed a terrifying array of town homes, condominiums and semis that will take your breath away. Aye, putting right Canada's decorating wrongs is a scary job, but you know us; we're doing it all with a stiff upper lip and lashings of designer charm!

InteriorDivine

Fancy some detail? How about the minister's home, which never fully recovered from its previous owner who had decorated it to resemble an enchanted forest — sorry, make that DISenchanted forest. Only a Hobbit would have felt properly at ease.

But there's more! We've just written a new book, cunningly titled Colin and Justin's Home Heist Style Guide — How to Create the Perfect Home. If our show is the 60-minute bullet train that takes you from hellish house to heavenly home, then our design bible is the careful train that stops at every station to ensure you're completely — and stylishly — clued in. Expect detailed sections on every aspect of home styling.

The book is in stores now.

In the mean time, prepare yourself for some glamorous transformations as we continue making ordinary homes that little bit extraordinary. Home Heist Season 2 is nearly here.

Brace yourselves!

Colin McAllister and Justin Ryan are the hosts of HGTV's Colin & Justin's Home Heist and authors of Colin & Justin's Home Heist Style Guide.

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Recipe correction
Last week's recipe for the Bittersweet Chocolate Tart (from Nick Malgieri's book The Modern Baker) gave incorrect ingredient amounts. The first two ingredients were 1 3/4 cups heavy whipping cream and 1/4 cup light corn syrup. Metro regrets the error. METRO NEWS SERVICES

Food

"Green peppers are harvested before they are fully ripe, which explains their abundance and less expensive price tag." Barb Holland/for Metro Canada

Bitter vs. sweet
They will continue to first turn yellow and then red when left on the plant to mature. Green peppers have a slightly bitter flavour, whereas the more mature peppers have a sweet, fruity taste.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Roasting the pepper rainbow

À la carte

Barb Holland
Metro Food Writer

FOOD AND ONTARIO

Peppers are available in a rainbow of colours from green to red to purple to ivory.

Available in a rainbow of colours, the versatile sweet pepper lends itself equally well to salads, stir-fries, casseroles, soups, and sauces.

To savour the flavour of peppers beyond the growing season, roast and freeze peppers during the height of the harvest. Sweet red peppers are the ones most roasted, but yellow, orange and banana peppers and large chiles are also good roasted. Versatile as they are delicious, roasting brings out their full sweet flavour and adds a hint of smokiness.

Preheat barbecue on high heat. Prick each pepper with a fork several times to prevent them from bursting during grilling. Close the lid and cook peppers on high heat, turning when the skin chars. Keep turning the peppers until the skin is charred on all sides. To make the skin easier to remove, place the charred peppers in a glass or metal bowl and cover to "steam" for at least 15 minutes.

Peel off skin, cut in half and remove seeds. Most peppers peel quite easily with the exception of thin-skinned green bell peppers. Arrange pepper pieces apart on parchment paper lined baking sheets. Freeze until solid, then pack into resealable freezer bags and store in the freezer for up to ten months.

Roasted Red Pepper and Chevre Spread

A simple spread to make ahead, serve with crostini or crackers and a bowl of good black olives. Makes about 1-1/2 cups (375 mL).

INGREDIENTS:
- 1 roasted red pepper, peeled and roughly chopped
- 1 small clove garlic, minced
- 4 oz (125 g) cream cheese, softened
- 5 oz (140 g) chevre cheese

METHOD:
In food processor, combine red pepper, garlic and cheeses. Process until smooth. Scrape into a serving dish, cover and chill several hours or overnight.

Tips:
- Good for you: Sweet peppers are high in Vitamin C — ounce for ounce there is three times as much vitamin C in a sweet pepper than an orange. Green peppers contain about half as much Vitamin C. Red peppers are also an excellent source of Vitamin A. Sweet peppers are also a source of dietary fibre, folate and potassium.
- Pick of the crop: Peppers should feel full, heavy and tight. They should be shiny in appearance and free from bruises and spots.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

The best way to beef up

The dynamic culinary duo of Janet and Greta Podleski are famous with a Food Network Canada show and the best-selling Eat, Shrink & Be Merry. Granet Publishing Inc. offered Metro this recipe from their collection of healthy comfort foods:

The Great Pretenderloin

The original recipe calls for a beef tenderloin, but an eye of round will work just as well. This recipe serves a crowd, so you can have the roast for dinner one night, sandwiches for lunch the next day and slice some for a salad topping the next night.

INGREDIENTS:
- 1 tbsp. softened butter or olive oil
- 1 tbsp. Dijon mustard
- 1 tbsp. brown sugar
- 1 tbsp. steak sauce
- 1 tbsp. minced fresh rosemary
- 2 tsp. minced garlic
- 1 1/ 2 tsp. salt
- 1/4 tsp. black pepper
- 1 tsp. grated lemon zest
- 1 whole beef tenderloin or 1 eye of round roast (3 pounds)

METHOD:
Preheat the oven to 450. Move the oven rack to the bottom third of the oven. Mix together the rub ingredients in a bowl. Rub all over beef and let stand at room temperature for 30 minutes. Place beef on shallow roasting pan. Put in oven, and turn heat to 400.

Roast meat, uncovered, 45-55 minutes or until meat thermometer inserted into the center registers 140 degrees for medium-rare.

Remove from the oven and let stand, uncovered, 10 minutes before slicing. The meat's temperature will continue to rise as it rests.

Eat, Shrink & Be Merry! Great-Tasting Food That Won't Go from Your Lips to Your Hips! is available in a paperback at Amazon.ca for $22.01.

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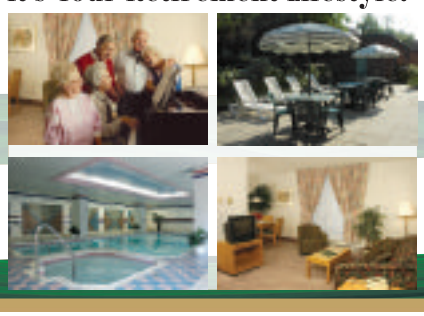

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Style

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Fun for fall

Berry-inspired hues among hot colours

BRIAN TOWIE
brian.towie@metronews.ca

Dark wines, boot-cut pants and versatile sweaters all make up what clotheshorses will be on the hunt for this fall.

It's the season to look smart, experts say, and there are a number of ways you can go about it, ladies especially. Fall fashions this year offer options to those looking for an easy wardrobe switch from business to fun with friends.

"It's a lush fall season," says Joe Mimran, fashion creative director for Joe Fresh. "The colouration this year is quite beautiful."

To get an idea of the trendy colours this season, venture to your nearest wine store or fruit market first. Rich reds, warm purples and berry-inspired hues make up the palette of the Argyle-patterned, scoop- and V-necked vests and cardigans the fashion-conscious will be sporting this year over crisp blouses and shirts.

"These colours go well with grey bottoms, which are becoming a second to black," says Brigitte Martin, merchandising manager for Reitmans. "It gives you a smart, business-like look."

Dark colours are practical for denims this year, says Rod Van Straten, Merchandising Manager for Levi's Canada, adding that strong blues and blacks can be worn under blazers and shirts for daytimes to evenings. Ladies should be on the lookout for the boyfriend jean in particular — a looser-fitting pant, while men will opt for straight-leg styles. Mimran adds high-waisted jodhpur skirts will be a fantastic look this season.

A few items can go a long way to diversifying your wardrobe, says Tara Wickwire of Gap Inc. A strategic eye for new shades and useful accessories can rejuvenate the outfits you already have in your closet.

"A scarf is another great way to instantly update your look. It's a trend item of the season so pairing a scarf with your classic sweaters and blazers will look stylish and, of course, functional," she said. "Select a fabulous item such as a blouse or sweater in a rich shade such as royal violet or a deep berry and mix it with your existing neutral pieces. This will make your classics look new again."

Deep-berried patterns aren't your only options, says Laura Shankland, communications manager for H&M Canada. You can defy the upcoming grim cold weather with soft bright colours in funky designs, so long as they're paired off with greys or blacks.

"Colours for fall 2008 at H&M include neutral beiges and greys to black and white, muted jewel-tones, and soft brights," she said.

Brighten up your wardrobe with this yellow top, $29.90, and wide pants, $59.90, both from H&M. The bow-tie blouses above — purple from H&M, and pink from Joe Fresh — are also great colours for fall.

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Keep warm, look colourful

Style File

Kim Elbo

kim.elbo@metronews.ca

ask kim

Do you know anything about re-dying faded jeans? Any tips? - Allison, BC

If you want to re-dye your jeans try RIT; you can find it in the laundry section of your grocery store. But keep this in mind: Because it's an all-over dye, it will dye the stitching on your jeans as well. Next time you buy new jeans wash them with three tablespoons of salt; this will set in the colour nicely and won't let your jeans fade.

E-mail your style questions to *kim.elbo@metronews. ca.*

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

Weave
Designer: Costa Blanca
Shop: Costa Blanca
Address: Various Locations
costablanca.ca

Texture
Designer: H&M
Shop: H&M
Address: Various Locations
hm.com

Pleated
Designer: Echo
Shop: Plenty
Address: Various Locations
getplenty.com

Bow Clip
Designer: Claire's
Shop: Claire's
Address: Various Locations
claires.com

Feather Headband
Designer: n/a
Shop: The Bay
Address: Various Locations
hbc.com

Cameo Bobby Pin
Designer: Spark
Shop: La Belle Vie

scarves Tuck away the plaid scarf far back into your closet and cover up in style with a textured knit scarf. This season it's all about texture and colour. Wrap your neck up in block colours of bright oranges, blues and purples. Add a little interest to your layered outfits with scarves that have pleats, wrinkles or weaves.

McDonnell in talks to join Grey's Anatomy
Actress Mary McDonnell is in advanced talks to join hit drama Grey's Anatomy for a multi-episode guest arc, ABC has confirmed. The nature of the role is being kept under wraps. METRO NEWS SERVICES

Entertainment

Firestone baby
Former Bachelor star Andrew Firestone and wife Ivana are expecting their first child in mid-April.
USMAGAZINE.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

●●●●● A CLASSIC; ●●●●○ EXCELLENT; ●●●○○ GOOD; ●●○○○ FAIR; ●○○○○ POOR

TV on the Radio crafts a gem

TV on the Radio

Album: Dear Science
Label: Interscope/Universal
Rating: ●●●●½

IF THERE'S ANY album people have been waiting for, it's TV on the Radio's follow-up to their 2006 critically acclaimed disc Return to Cookie Mountain. And, boy, was it worth the wait. The album is an aural masterpiece filled with sweeping experimental sounds, intelligent songwriting and a plethora of contagious hooks. They've create boundary-pushing rock music that's complex yet accessible enough for everyone to enjoy.

Bryan Borzykowski/for Metro Canada

Album Reviews

music@metronews.ca

Santogold

Album: Santogold
Label: Downtown/Warner
Rating: ●●●●

IT'S NOT WHAT influences you, it's what you do with the influences. Santogold, Philadelphia native Santi White, draws from a long list of genres: New wave, dub, electronic and indie rock among the most obvious. So she's eclectic, like thousands of other musicians. Big deal? Yes. Santogold blends everything for a sound that is unique, which is not to say it's always pleasant to listen to. Some of the soundscapes can be grating. Santogold is most effective when she minimizes the sound effects, like on the sunny Lights Out. Then there's her voice — again, unique. Jim Reyno/Metro Canada

MICHAEL LAVINE/UNIVERSAL MUSIC

TV on the Radio's Dear Science is an aural masterpiece.

Terry Lynn

Album: Kingstonlogic 2.0
Label: Last Gang
Rating: ●●●

GUNSHOTS, GANJA gangstas, macheted corpses, starving kids, barking dogs, bad popo, evil socialites and greedy corporate pigs — Terry Lynn wields the politics of poverty with a electro-reggae mallet. Born in the ghettoes of Jamaica, yet recorded in Toronto, this debut CD is most interesting on songs like Stone when Lynn injects a glimmer of personality into her otherwise stark urban landscapes. It's nice to know you can strike a blow against injustice while getting down on the dance floor.

Graham Rockingham/for Metro Canada

On the web

- Read our reviews of new albums from the Pussycat Dolls, Plain White T's and David Gilmour at metronews.ca/music.

Kings of Leon

Album: Only By The Night
Label: Red Ink/Sony BMG
Rating: ●●½

EVERYBODY SEEMS TO want this Tennessee brothers' band to be the saviour of southern rock. The thundering bass lines of the opening track offer hope this will be the one we've been waiting for. The feeling builds through Crawl, Sex On Fire and Manhattan, but degenerates into stale almost-middle-of-the-road pop slush. Graham Rockingham

Bollea getting out of prison early

Bollea

CRIME Hulk Hogan's son Nick Bollea is getting out of jail nearly three months early with credits for good behaviour and working, People.com reports.

Bollea, who has been serving an eight-month sentence in Clearwater, Fla., for reckless driving that led to an accident with injuries, is due to be released Oct. 21.

In brief

MUSIC Michael Jackson is so eager for his comeback disc to be a success that he's given his songwriters an ultimatum — make it better than Thriller or forget it, the Daily Mirror reports. "Michael's new album has to be amazing," said Ne-Yo, who is on Jackson's select team. "I've already submitted some songs but we have no idea when it's coming out."

METRO NEWS SERVICES

IntelleVision

Rick McGinnis

READ IT AT METRONEWS.CA

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 9/25/08	265	353	2	TVO	We Built This City		The Agenda With Steve Paikin		England Expects		Simon Schama's Power of Art		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	Survivor: Gabon "Want to See the Elephant Dung?" (N)				The Office (N)		News (N)
	-	-	5	SRC	Virginie (SC)	Infoman (SC)	Enquête (N) (SC)		Grosse vie	C.A. (SC)	Le Téléjournal (SC)		La Zone
	209	342	6	CHRO	Robson Arms	TMZ (N)	Medium		Primetime: UFOs... Seeing Is Believing			Comedy Inc.	News
	196	311	7	CTV	Hollywood	eTalk	ER "Life After Death" (N)		Grey's Anatomy "Dream a Little Dream of Me" (N)				News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	jPod (HDTV) (DVS)		Samuel de Champlain		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Name Is Earl	Name Is Earl	The Office (N)		ER "Life After Death" (N)		News (N)
	117	713	10	TVA	La Fièvre de la danse (SC)		Occupation double (Season Premiere) (N)			Vlog (N) (SC)	TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Grande fille	*Le Terminal* ★★★ (2004, Com. dramatique) Tom Hanks, Stanley Tucci. (SC)					Cent dix pour cent (SC)		Vie de couple
	137	763	12	TFO	Panorama		Le 35e de la nuit: Les frogs		*À tout de suite* ★★ (2004, Drame) Isild Le Besco.				Volt
	-	362	13	CBS	Dr. Phil (HDTV) (N)		Survivor: Gabon "Want to See the Elephant Dung?" (N)				CSI: Crime Scene Invstgtn.		Two/Half Men
	216	395	14	OMN2	Cold Case		News (N)		News (N)		2Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Ugly Betty (N)		Supernatural (HDTV) (N)		Battlestar Galactica		News (N)
	115	343	16	CFMT	2Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Name Is Earl	Name Is Earl	*The Dukes of Hazzard* ★★ (2005, Comedy)				News (N)
	-	361	20	ABC	News (N)	Entertainment	Ugly Betty (N)		Grey's Anatomy "Dream a Little Dream of Me" (N)				News (N)
	512	396	24	CPAC	Revue Politique		L'Heure politique		Sur la piste électorale		Sur la piste électorale		Tournée
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Kitchen Nightmares (N)		Kitchen Nightmares (N)		News (N)		News
	-	-	64	PBS	Business Rpt.	Travelscope	Yes, Minister	Time Goes By	American Masters (N)		Ruth Rendell Mysteries		Tavis Smiley
	205	312	104	CTV	eTalk	Hollywood	ER "Life After Death" (N)		Grey's Anatomy "Dream a Little Dream of Me" (N)				News (N)
news	502	390	26	NW	CBC News: Around the World		Canada Votes: Your Turn		CBC News: The National		Geologic Journey		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	MLB Baseball New York Yankees at Toronto Blue Jays. From Rogers Centre in Toronto.						Sportsnet Connected (Live)		Hockey Central
	126	730	28	RDI	RDI en direct	Élections	Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey!	Boxing: Casamayor vs. Marquez			NHL Preseason Hockey Florida Panthers at Edmonton Oilers. (Live)				
	410	403	52	SCR	Score on NFL	Poker -- Learn From the Pros		Score on NFL	College Football USC at Oregon State. (Live)				
	411	457	56	OLN	Ed's Up	Videos	Commando: On the Front Line		Survivorman		Pilot Guides	Odyssey	Pilot Guides
	417	406	59	SC	Pinks (HDTV)	Pass Time	Pinks -- All Out		Pinks -- All Out (HDTV)		Wrecked (N)	Wrecked	Pinks (HDTV)
family	554	544	48	TEL	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	The Critic (N)	Robot Chicken	Code Monkeys
	557	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	H2O, Just Add	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Prank Patrol	Mystery Hnt.
	570	580	29	MM	mmmtop	Back In	Abba's All Time Greatest Hits			Where You At	I Want to Work for Diddy		Party of Five
cable variety	615	520	31	A&E	CSI: Miami "Three-Way"		The First 48 (HDTV)		The First 48 (HDTV)		Jacked: Theft	Jacked: Theft	Crime 360
	628	584	32	SPKE	CSI: NY (HDTV)		CSI: NY "Snow Day"		TNA iMPACT! (N)				Ult. Fighter
	521	560	34	TLC	LA Ink "On the Rocks..."		Overhaulin' (HDTV)		American Chopper		Street Customs (HDTV)		Overhaulin'
	145	761	35	TV5	Toute une histoire		Club social		Envoyé spécial			Cinerama	Journal TV5
	616	521	39	SHO	Painkiller Jane		ReGenesis (HDTV)		Trailer Park	Trailer Park	Saving Grace		House
	620	523	40	BVO	Desperate Housewives		Camera	In the Mind ...	*Century Hotel* ★★ (2001, Drama) Lindy Booth.				Law & Order
	520	505	42	DIS	Daily Planet (N)		MythBusters The team orders everything supersized.				MythBusters		Daily Planet
	575	583	43	CMT	Bon Jovi	Bon Jovi: One	Karaoke Star "Best of" (N)		Reba	Hope & Faith	Home Improve.	Home Improve.	Karaoke Star
	601	562	45	SLC	End of Leash	ET Canada	Rich Bride, Poor Bride		Last 10	Bulging Brides	The Biggest Loser		Rich Poor
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP	Comedy Inc.	Daily Show
	294	529	47	TBS	House-Payne	House-Payne	Friends	Friends	*Domestic Disturbance* (2001, Suspense)			Family Guy	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY	Junk Brothers	The Big Flip	Holmes-Homes
	627	528	50	SPC	Lost		Star Trek: Voyager		Battlestar Galactica		Ultimate Super Heroes-Villains		Stargate SG-1
	581	566	53	MTV	Busted	After	Canada's Next Top Model		The Hills	Super Sweet	Exiled	MTV Cribs	MTV Live
	618	524	54	TROP	Beverly Hills, 90210		Make or Break	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
	522	506	55	HIS	NCIS "Iceman"		Lost Worlds		The Perfect Weapon		NCIS "Iceman"		Crime Stories
	129	773	60	CD	(6) Humour en santé 1		Dossiers justice (HDTV)		Dossiers FBI (HDTV)		Autopsie		Images-chocs
	261	394	61	V	Murder, She Wrote		Wait for God	Keeping Up	The Koran				Emily-Moon
	602	567	62	W	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Open House	Real Est	Love It-List It
	269	350	70	APTN	Suaangan (N)	Rez Rides	Next! Youth	renegadepress	*Speed* ★★★ (1994, Action) Keanu Reeves, Dennis Hopper, Sandra Bullock.				
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	eTalk	Look-A-Like	In Fashion	The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	Boy Grill	Licence to Grill	Restaurant Makeover		Unwrapped	Unwrapped	Secret Life of	Secret Life of	Ace of Cakes

critics' corner

Survivor: Gabon
The tribe has spoken, and so have the ratings, which means the granddaddy of modern competitive reality series is back for a 17th season. This time, the setting is Gabon, a small equatorial African country of stunning natural beauty, which will be a visual treat for those with high-definition TV sets; this is the show's first season to air in high-def. But judging from past seasons, the interaction among the contestants won't always be pretty. 8 PM on 13 CBS

ER
In the season premiere, Abby (Maura Tierney) awakens after the ambulance explosion and realizes she has a broken wrist before rushing to check on Pratt's (Mekhi Phifer) condition. Sam and Gates (Linda Cardellini, John Stamos) rush to the scene to find Pratt walking and talking. Abby misdiagnoses a mother and daughter who are rushed in from the explosion. Morris and Neela (Scott Grimes, Parminder Nagra) struggle to keep up with Pratt's injuries. 8 PM on 7 CTV

Von Teese would remarry
Burlesque star Dita Von Teese has no regrets over her failed marriage to shock rocker Marilyn Manson — insisting she still hopes to walk down the aisle again. IMDB.COM

Celebrity Buzz

Son prompts Clay to reveal his sexuality

PEOPLE Former American Idol contestant Clay Aiken has acknowledged he is gay, confirming in an interview with People magazine what most of his fans have suspected for years.

Aiken, 29, a born-again Christian who forged a successful career after being named runner-up in the 2003 American Idol television talent show, said he decided to come out after becoming a father in August.

"It was the first decision I made as a father," Aiken told People magazine in an interview for the issue out tomorrow.

"I cannot raise a child to lie or to hide things. I wasn't raised that way, and I'm not going to raise a child to do that."

Aiken has dodged questions about his sexuality for years, usually replying that it was his own business.

He told People he came out to his mother four years ago.

In August, Aiken fathered a baby through in-vitro fertilization with his friend, music producer Jaymes Foster. Foster gave birth to a boy, named Parker, on Aug. 8.

The gay community congratulated Aiken on going public. Neil Giuliano, president of the Gay and Lesbian Alliance Against Defamation said, "As we're seeing, more and more gay people, including celebrities, are living openly and honestly, and this has tremendous impact in terms of creating awareness, understanding and acceptance."

The news came as little surprise to those in the music business. American Idol judge Simon Cowell said, "If he said it, it's the right thing for him. Good for him. I don't think anyone cares. Let's face it. It's 2008."

REUTERS

GETTY IMAGES PHOTOS

Something in the water?

PEOPLE Nicole Kidman credits the "fertility water" she swam in on the Australia film set for helping her realize her baby dreams, imdb.com reports.

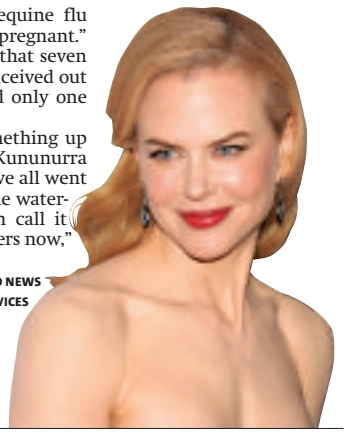
Seven babies were conceived on the set and the 41-year-old new mom insists there was something in the water.

"I never thought that I would get pregnant and give birth to a child but it happened on this movie," she tells Australia's Women's Weekly magazine. "Nothing happened in a small way on this film ... We had heat and torrential rains and equine flu and then I got pregnant."

Kidman adds that seven babies were conceived out of this film and only one was a boy.

"There is something up there in the Kununurra water because we all went swimming in the waterfalls, so we can call it the fertility waters now," she says.

METRO NEWS SERVICES



Naomi stands by airport story

PEOPLE Supermodel Naomi Campbell still insists she was provoked into spitting at a police officer at Heathrow Airport in London in April because she was called a racial slur, imdb.com reports.

Campbell started serving her community service in London earlier this month after she admitted to spitting at an airport cop, but she insists there would have been no incident if she had been shown more respect.

"If someone calls me a racial slur, I find it very offensive," Campbell told the news show Extra. "After paying all that money and you're trying to get to a funeral, which is where I was trying to get to, I thought, 'Well, I think I have the right to be upset right now.' "

METRO NEWS SERVICES

Celebrity brief

Britney's mom may want her reunited with Kevin

RELATIONSHIPS Britney Spears' mother wants to reunite the singer with her ex-husband Kevin Federline, femalefirst.co.uk reports.

Lynne Spears, who describes her former son-in-law as "kind-hearted" and "down to earth" in her new book, is working hard to convince Britney and Federline to give their relationship another chance for the sake of their two children, Jayden James and Sean Preston.

"Kevin has apologized to Britney for his failings as a husband and said he wanted a fresh start," a source said.

Spears is reportedly thrilled by Federline's apology and feels she is finally getting her personal and private life back on track.

METRO NEWS SERVICES

Joel, Nicole raise $10,000 for kids

CAUSE New parents Nicole Richie and Joel Madden are celebrating after raising $10,000 US toward a $35,000 US kids' playground in Los Angeles in just a week, imdb.com reports.

The couple launched the Text Child to 90999 campaign, as part of the Richie-Madden Children's Foundation, at the beginning of last week.

METRO NEWS SERVICES

Celebrity brief

Kirsten, Justin call it quits: Report

RELATIONSHIPS Even though actress Kirsten Dunst denied being in a relationship with Justin Long, In Touch Weekly is reporting that they've broken up.

"They are taking some time off for now," an insider told the magazine. "Kirsten gets bored really easily and she needs a break from men right now. They are still both friends and will hang out."

METRO NEWS SERVICES

Celebrity brief

Shannen slams alcoholism talk

PEOPLE Actress Shannen Doherty has hit out at reports she battled an alcohol addiction, imdb.com reports.

Doherty shot down allegations in several tabloids that she sought help from Alcoholics Anonymous following her arrest for drunk driving in 2000.

"I've never been in AA. I accompanied my husband to AA meetings — actually," she said.

METRO NEWS SERVICES

Celebrity brief

Mel B. releasing fitness video

HEALTH Former Spice Girl Mel B. is releasing a fitness video, Britain's The Sun reports.

"For anyone with jubbly bits, I'm going to tighten you up and make you laugh and enjoy your workout," she said.

Totally Fit is due out on Dec. 29.

METRO NEWS SERVICES

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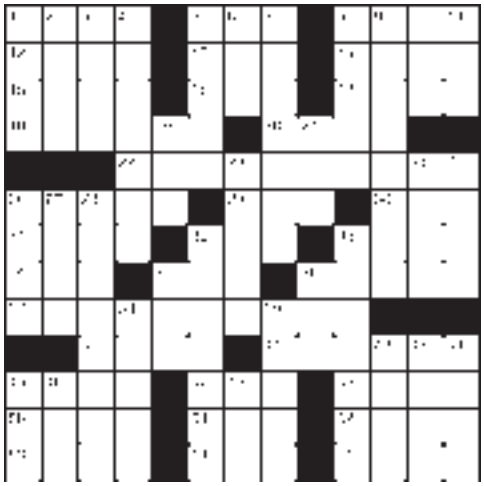


Crossword across

1 Galley supply
5 Lummox
8 Casino currency
12 Conspire (against)
13 Under the weather
14 Actress Turner
15 Ornamental bag
16 Zodiac cat
17 Family member
18 Achieve by threats
20 Reedy
22 First Civil War battle site
26 32-Across' band
29 Vacillate
30 Infuriate
31 Green-eyed monster
32 Rocker Morrison
33 King of Siam's friend
34 Noshed
35 Bart, to Homer
36 See 30-Across
37 Florida city
40 Former ugly duckling
41 Maximum
45 Genealogy chart
47 Olympic perfection
49 Actor Sharif
50 Approach
51 Caustic chemical
52 Pianist Peter
53 Recipe meas.
54 "Undeniably"
55 Oklahoma city

Crossword down

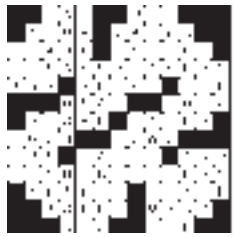
1 Oil cartel
2 Sax range
3 Libertine
4 Use a wok
5 Former Houston athlete
6 Hearty brew
7 Ship's debris
8 Assertion
9 Eerily persistent
10 Hostel work environment?
11 Vanna's cohort
19 Lettuce variety
21 Embrace
23 String
24 Sea eagle
25 Posterior
26 Unhearing
27 Aware of
28 In Europe, maybe
32 Together
33 Windflower
35 Resort
36 Performance
38 Dweeb
39 Mystical lettering
42 Portent
43 Rani's wrap
44 Stepped hard (on)
45 Potent stick
46 CSA soldier
48 Needle feature

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2			8					
5		3		2	1			4
	4	1	7					
						1	5	
7		4				2		8
	9	6						
					8	5	6	
6			4	9		7		2
					2			3

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	2	4	3	5	8	9	6	7
7	3	8	4	9	6	5	1	2
6	9	5	1	7	2	8	3	4
5	4	3	6	1	7	2	8	9
2	8	6	9	4	5	1	7	3
9	1	7	2	8	3	4	5	6
8	5	2	7	3	9	6	4	1
4	7	9	8	6	1	3	2	5
3	6	1	5	2	4	7	9	8

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

EAT TO BEAT DIABETES

Linguine and Salmon with Creamy Lemon-Dill Sauce

INGREDIENTS:
1 lb (500 g) skinned salmon fillet
Grated zest and juice of 1 lemon
2 tablespoons (25 mL) chopped fresh dill
8 oz (250 g) linguine
2 large carrots, peeled and cut into matchstick strips
2 large zucchini, unpeeled and cut into matchstick strips
1 teaspoon (5 mL) canola oil
1/3 cup (75 mL) light sour cream
Salt and pepper

METHOD:
1. Cut salmon into chunks, place in a dish with lemon zest, juice, and dill. Turn the pieces of salmon to coat evenly. Cover and marinate in refrigerator for at least 10 minutes.
2. Cook linguine until al dente. Add carrots to the pasta after eight minutes of cooking, and then add the zucchini one minute later.
3. Meanwhile, brush a non-stick skillet with oil and heat thoroughly. Drain salmon, reserving the marinade. Add salmon to the hot skillet and cook, turning occasionally, until the fish is firm and just cooked, 3 or 4 minutes.
4. Add the reserved marinade and sour cream to salmon, and cook for a few seconds. Remove from heat and season lightly with salt and pepper.
5. Drain pasta and vegetables, and transfer to a serving dish. Add the salmon mixture, garnish with fresh dill and lemon wedges.

Nutrients per serving: calories 483, calories from fat 153, fat 17 g, saturated fat 3 g, cholesterol 64 mg, carbohydrate 50 g, fibre 4 g, sugars 4 g, protein 31 g.

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
ARIES: A wish will be granted by mistake. Peer pressure has no effect on a nonchalant friend. Daring acts need your participation.

TAURUS
APRIL 21-MAY 21
Stock up on helpful advice. Legal action won't mend broken fences. You can deflect damage in an understated way.

GEMINI
MAY 22-JUNE 21
Speaking unkindly is not an option. An associate wants a bulletin on the day's events. Fun and games will be frustrating.

CANCER
JUNE 22-JULY 22
You don't have to compromise to find your own path. Everyone's too busy to ask questions. Your enthusiasm creates opportunities.

LEO
JULY 23-AUG 23
Increase your influence by widening your perspective. Something doesn't make sense. Quick action makes a bully back down.

VIRGO
AUG 24-SEPT 22
Get ready for a loved one's excitement. A misplaced object plays havoc with your agenda. Keeping a strong focus will work wonders.

LIBRA
SEPT 23-OCT 23
You'll know all the correct answers. Weigh the needs of others against your own. You'll begin to enjoy a childish friendship.

SCORPIO
OCT 24-NOV 22
An old friend feels guilty about the past. Don't go out on a limb to prove a point. Sincere respect will be given to you.

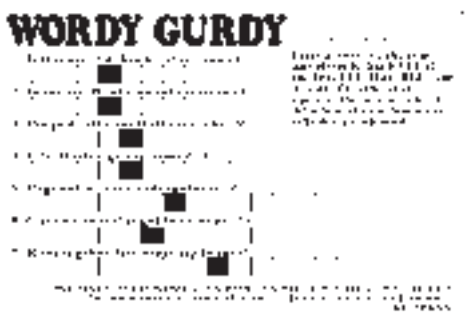
SAGITTARIUS
NOV 23-DEC 21
Lovers are bursting with good news. A vivacious friend regrets taking legal action. Everything around you seems fresh and new.

CAPRICORN
DEC 22-JAN 20
Show consideration to get financial support. An unrealistic desire flares up. Efficient organization can ease tensions.

AQUARIUS
JAN 21-FEB 18
You can cause a quarrel by taking charge. You'll get shocking news while working. An intellectual talks about a difficult problem.

PISCES
FEB 19-MARCH 20
Life can't be great when you give unwanted advice. Frantic activity makes you giddy. Find your good fortune in a useless tradition.

WORDY GURDY



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